Dealing With The

Monday Blues

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Disclaimer

This book is a tool for personal reflection and growth. It is not a substitute for professional therapy, counseling, or mental health treatment.

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Mondays

Let's face it, sometimes Mondays are absolutely **whack.** It's a new week, a new day, and it's time to get back to it. The only thing is that our minds and bodies are not always in sync with the responsibilities we need to execute.

Mondays have become the "Monday Blues" for quite a number of people. What is it about Mondays that brings so many of us down?

Is it a psychological thing? Is it because we hate our jobs? Is it because the responsibilities we have are overwhelming? Is it because we are unhappy with our lives? Is it because we feel nothing about a new week is exciting?

Our approach to Mondays can be a magnifying glass of where we are in our lives. Are we excited about the projects we are working on? Are we

happy with our relationships and family lives? Are our lives deluged with stress? Are our Mondays too overpacked?

These are the questions to ask yourself because how we feel about our Mondays is a reflection of how we feel about the rest of our lives.

A Perfect Monday

She wakes up before her alarm clock, excited about a new day.

There is nothing more important than investing in your emotional, mental, and physical well-being, and she realizes this. This is why she consistently carves out at least 1-2 hours each day to engage in exercise, daily rituals, reading, stretching, breathing, drinking her favorite cup of tea or coffee, and hydrating as soon as she wakes up with a full glass or bottle of purified water to give her that extra boost of vitality.

Mondays offer her a fresh start in life, and she embraces this and realizes this and dares not to misuse this advantage and opportunity.

Her Monday is planned out so she can maximize her time on her goals, work, relationships, self-care, and other relevant matters.

Life is good. She is not overwhelmed by anything, and she has a low tolerance for unnecessary stress.

Mondays aren't just a weekday to her; she approaches Mondays as she would a weekend day such as Saturday or Sunday. She feels relaxed, calm, content, thankful, and blissful.

Small irritations and inconveniences are just that, and she never lets them get the best of her days.

She is attentive not only to her life but those that matter most to her. She is passionate about offering a piece of positivity to every person she encounters throughout the day.

She never takes her life or her Monday for granted.

Monday is another day for her to work on her goals diligently. Monday is another day to take another step forward. Monday is one day closer to her accomplishing and reaching all of her endless dreams.

She always sleeps soundly and never lets her electronics, the television, or the internet take obsessive control over her life.

She has firm boundaries and is not afraid to say "no," to what does not fit into her life.

Her attitude is steady and positively infectious. Her Mondays are imperfectly perfect. She does not look for perfection or an easy way out in life, she looks for new opportunities, new challenges,

new adventures, and ways to better herself and others.

She is too excited about living her best life to get wrapped up in the Monday Blues. Monday Blues is a foreign concept to her because she wants everything that is in her life. She is content and grateful for where she is at in her life.

What's Contributing

What is contributing to your unhappiness when it comes to Mondays? What is causing the dread and disdain for Mondays? What is contributing to the stress and anxiety that you feel when Monday rolls around?

Have you ever asked yourself these questions or took the time to ponder these questions to figure out the answers?

This the time and place to answer these questions.

Extract Negative Contributions

After you have determined what the leading causes of your Monday Blues are, it is time to get to action.

What do you need to extract from your life to eliminate discontentment, anxiety, and negative emotions you feel about Mondays?

See Some Examples Below:

- People
- Jobs
- Responsibilities
- Attitudes
- Perspectives
- Habits

Now take a moment to list out the specific negative factors in your life.

Which ones can you get rid of?

Which ones would you like to get rid of, but feel you can't? Why do you think you can't get rid of these factors in your life? What is preventing you from doing so?

The first step to take whenever you are implementing change is to take an inventory of your life: what is working and what is not working. Understanding this and having a clear picture can expedite your road to contentment and happiness.

Getting Through Mondays

Today, I choose to have a grand day.

Today, I choose to be productive.

Today, I choose to be positive.

I am investing in my self-care first today.

I am so grateful to be alive.

I am so grateful I woke up today.

I am thankful for another day I have to utilize.

I am happy to be a positive impact on others.

I am an optimist.

I choose to use my time effectively today.

I am working on my goals and dreams today.

I am excited to take another step forward today.

I am in control of how I respond to life events.

I am taking breaks to breathe, stretch, and rest.

I am positively energizing and healing to others.

I always maximize each and every day.

Mondays are fun for me.

Mondays are always great for me.

I always enjoy Mondays!

Keeping Perspective

Not every Monday will be ideal. Each Monday will come with its tailored challenges and irritations that you will have to muster through. Still, your perspective and attitude will be the life-changing determinants of how you get through your life and your Mondays.

There are people, things, and factors that not everyone can get rid of. The things we can get rid of that we no longer want in our lives should be the first to go. The things we want to get rid of that we believe we can't, should be first up to re-negotiate or re-navigate.

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